

IFBB MASTER IN BODYBUILDING& FITNESS METHODS,BREAK DOWN ON HOW TO GET YOUR DIPLOMA SYLLABUS.

To obtain the **IFBB Master in Bodybuilding & Fitness Methods diploma**, you must follow a structured process that includes specific coursework, assessments, and administrative steps. Here is a detailed breakdown based on the latest available information:

1. Course Structure and Requirements

- **Mandatory Courses:**
 - o Master in Bodybuilding and Fitness Methods
 - o Advanced Nutrition Course
- **Elective Courses** (choose at least one):
 - o Advanced Resistance Training Course
 - o IFBB International Competition Coach Course
 - o Fitness Challenge Coach^[1]

2. Enrollment and Access

- **Eligibility:** Open to anyone over 18 (or with parental/guardian consent)^{[2][3]}.
- **Enrollment:** Register and pay the course fee (payment methods typically include PayPal or bank transfer)^{[2][3]}.
- **Course Access:** After payment, you receive access codes and course materials, which may include video lessons and PDF files^{[2][3]}.

3. Learning Format

- **Video-Based Learning:** Short, focused video classes accessible on any device^[2].
- **Printable Materials:** PDF files for offline study^[3].
- **Tutoring:** Access to a tutor for course and syllabus questions^[4].

4. Syllabus Content

The curriculum covers:

- **Kinesiology and Biomechanics:** Movement science as applied to weight training^[2].
- **Anatomy:** Muscle groups, function, and exercise application^{[2][5]}.
- **Technique and Safety:** Proper form, injury prevention, and safe progression^{[2][6]}.
- **Nutrition:** Macronutrients, micronutrients, diet planning for muscle gain, fat loss, and overall health^{[6][5]}.
- **Exercise Programming:** Designing and customizing workout plans^{[2][5]}.
- **Assessment Skills:** Fitness, body composition, and nutrition assessments^[5].
- **Coaching Principles:** Motivation, support, and behavior change strategies for clients^[5].

5. Assessment and Progression

- The course is divided into modules, each ending with a test (usually multiple-choice)^[4].
- **Passing Criteria:** Minimum 60% correct answers per module to proceed^[4].
- After passing all modules, you complete the course and qualify for the diploma^[4].

6. Diploma and Certification

- **Diploma Issuance:** Upon successful completion, you receive an internationally recognized diploma and an IFBB Master Degree Card^[4].
- **Delivery Time:** Typically 7–10 days after course completion and approval^[4].
- **Administrative Fee:** There may be a diploma delivery fee (e.g., €100 plus shipping)^[1].

7. Total Study Time

- The master's program typically involves around **120 hours** of coursework^[3].

8. Summary Table

Step	Details
Enrollment	Register, pay fee, receive access codes
Study Format	Video lessons, PDFs, tutor support
Course Content	Kinesiology, anatomy, technique, nutrition, programming, coaching
Assessment	Modular tests (60% pass rate)
Certification	IFBB Master Diploma and Degree Card (7-10 days post-completion)
Fees	Course fee + possible diploma shipping fee
Prerequisites	Age 18+, internet access, PDF reader

This process ensures you receive comprehensive, scientifically grounded training, culminating in an internationally recognized IFBB Master in Bodybuilding & Fitness Methods diploma^{[2][4][3][1]}.

✱

1. <https://ifbb-academy.com/levels-ifbb-college/>
2. <https://www.ifbbacademyusa.com/shop/master-bodybuilding-fitness-degree-course-48>
3. <https://ifbb-academy.com/product/online-course-master-bodybuilding-fitness-degree/>
4. <https://www.tenuncuerpo10.com/en/producto/online-course-master-bodybuilding-fitness-degree/>
5. <https://www.nasm.org/continuing-education/physique-bodybuilding-coach>
6. <https://www.ifbbacademynordic.com//why-you-should-have-ifbb-certification/>